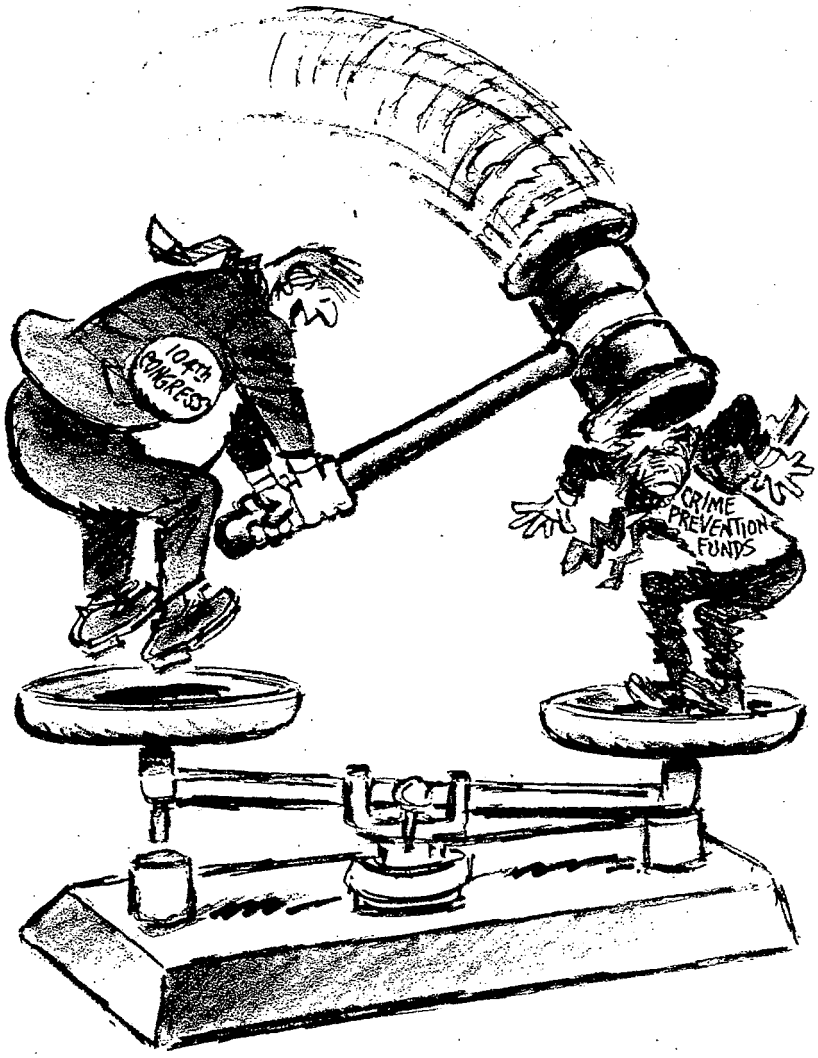
"REMEMBER– A LOT OF POUNDING IS WORTH AN OUNCE OF PREVENTION"



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